

At-Home Holiday Activities

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Opening exercise

How did you use the following skills in the last 24 hours:

Self-awareness

Self-regulation

Social awareness

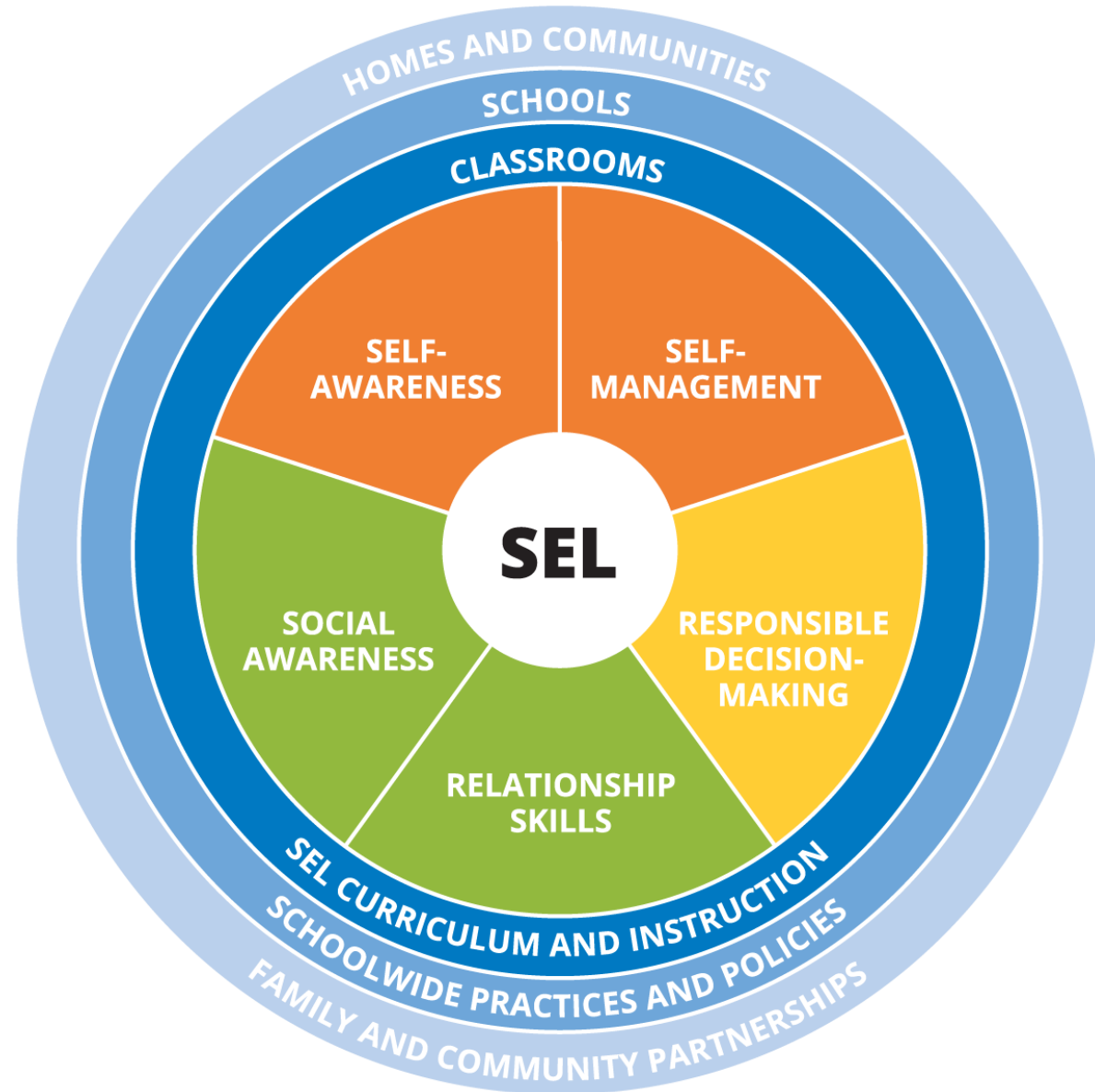
Relationship and socials skills

Responsible Decision-Making

What is SEL?



Social and emotional learning is the continual process of developing knowledge, attitudes and skills necessary to be successful in school, work and life.



SEL Competencies

Self-awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence and a "growth mindset."

Self-regulation/management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward goals.

SEL competencies

Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior .

Relationship/Social Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

SEL Competencies

Responsible Decision-Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.



How can Activities Foster SEL?

- Activities give kids the tools they need to deal with challenging situation, cope with new environments, develop a growth mindset and forge positive relationships with their peers and beyond.



Reindeer Treats

- Materials:
 - Apple Sauce
 - Google eyes
 - Pom poms
 - Sticky notes
 - Pencils
 - Pipe cleaners

Having students write affirmations on a sticky note and then posting on the top or bottom of treat is a great way to foster self-awareness.

The image is a two-page spread. The left page features a large, light purple circle on a black background. Inside the circle are several white handprints of various sizes and orientations, some with green crayon coloring on the palms and fingers. A yellow five-pointed star is also inside the circle. The title 'Handprint Christmas Tree' is written in black text across the middle of the circle, with a short horizontal line underneath. Below the title is a bulleted list of materials. At the bottom of the circle, there is a paragraph of text. The right page shows a completed 'Handprint Christmas Tree' on a black background. The tree is made of many green handprints of different sizes, arranged in a triangular shape. A yellow star is at the top, and a red teardrop shape is at the bottom. The overall theme is a craft project for Christmas that promotes social awareness.

Handprint Christmas Tree

- Materials:

- White construction paper
- Crayons
- Glue
- Scissors

Doing the tree in different shades can open a conversation about empathizing with people who are different than us which fosters social awareness.



Paper Plate Christmas Tree

- Materials:
 - Paper plates
 - Pom poms
 - Glue
 - Markers or paint
 - Scissors

Painting can be a soothing activity and can help with self-regulation.



Family Handprint Christmas Wreath

- Materials:

- Any color construction-paper
- Scissors
- Glue

Cutting out shapes of the family members in your family while having a conversation about their favorite things or things that are most memorable about their relationship with each person is a great way to foster relationship/social skills.





Resources

- <https://www.personalcreations.com/blog/christmas-crafts-for-kids>
- <https://nasco-education-blog.com/2021/11/08/help-students-manage-emotions-during-the-holidays/>
- <https://theartofeducation.edu/2020/10/27/50-activities-that-support-social-emotional-learning/>
- <https://www.understood.org/articles/en/social-emotional-activities-for-children>
- <https://www.prodigygame.com/main-en/blog/social-emotional-learning-activities/>
- <https://hes-extraordinary.com/social-emotional-learning-at-home>